Apple Pie

Apple pie, or more correctly, fried apple pie is a favorite. This recipe can be adjusted to make small fried apple pies. On a plate, spread out a palm sized piece of dough. Add a spoonful of the pie mixture. Roll the piece of dough closed. Crimp the edges. Fry them in oil on the stove. Or bake them in an oven at 350 degrees for about 25 to 30 minutes. Apples used in pies cook best without the peeling. When baked the peeling may soften and add texture. Apple pie is delicious and satisfying.

Pre Cook Preparation:

A. Timer set to the time to begin preparation prior to cooking
B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:

- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:

- Apples (fructose)
- Butter (lactose)
- Cinnamon
- Eggs
- Flour (gluten)
- Milk (lactose)
- Sugar (diabetics)
- Vanilla Flavor (gluten)

Meatless Preparation Avoid:

- Butter
- Eggs
- Milk
- Substitute with: _____

Utensils:

- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. ***

*** Dark glass bakes quicker, so reduce time.
*** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.
*** Cupcake pans can also be used and will bake at a different temperature and time. This makes it easier to freeze single serve portions.
Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
Pie Crust:
2 cups of Bisquick Gluten Free Baking Mix
3/8 cup brown sugar
2 eggs
Dash of salt
1 tablespoon vanilla extract (gluten free)
Water, as needed

Pie Mixture:
2 cups of diced apples
2 tablespoons butter
1 teaspoon of cornstarch
1 large egg
2/3 cup sugar
Optional:
1/4 teaspoon of cinnamon
Dash of milk (lactose free)
Almond, or
Soy

Preparation time: 15 minutes

Preparation:
Pre Preparation:
1. Wash and dice 2 apples.
2. Butter a 2.5 quart glass baking pan.

Pie shells:
1. Combine in large mixing bowl:
2 cups of Bisquick Gluten Free Baking Mix
3/8 cup brown sugar
2 eggs
Dash of salt
1 tablespoon vanilla extract (gluten free)
Water, as needed, to reach consistency

2. Mix well.
3. Spoon into buttered 2.5 quart glass baking pan.
4. Flatten with fingers until it covers the pan.
5. Bake 350 degrees for 15 minutes.

Pie Mixture:

1. Wash, peel, slice, and dice 2 apples.
2. Combine in another mixing bowl.
   2 cups of diced apples
   2 tablespoons butter
   1 teaspoon of cornstarch
   1 large egg
   2/3 cup sugar
   Optional:
   1/4 teaspoon of cinnamon
   Dash of milk (lactose free)
   Almond, or
   Soy
3. Add a dash of soy or almond milk, if necessary.
4. Pour into baked pie crust.
5. Place extra pie crust over top.
6. Sprinkle with brown sugar and tiny bits of butter.
7. Place in oven.

Cook Temperature: 350 degrees

Cook Time: 30 to 45 minutes

Servings: About 10

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources

Reheat Instructions: (Good for quick thawing)

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is warm.
3. Minimum 30 seconds.
   Add your microwave time here: _____.